

Des Moines Activity Center



Featuring fun, friendship and feeling fit year round!

Staff

Patrice Thorell, Parks, Recreation & Senior Services Director Sue Padden, Senior Services Manager Charisse Gregory, Office Manager Abbie Nielsen, Recreation Coordinator Brady Wright, Senior Services Shuttle Coordinator Karna Coyle, CCS Nutrition Coordinator -M-W Aida Martinez, CCS Nutrition Latino Coordinator-TH Gloria Nava, Sea Mar Program

2014 Des Moines City Council

Jeanette Burrage Dave Kaplan Melissa Musser Jeremy Nutting Victor Pennington III Matt Pina

Bob Sheckler

City Manager: Tony Piasecki

2014 Normandy Park City Council

Mike Bishoff Stacia Jenkins Shawn McEvoy

Tom Munslow Doug Osterman Kathleen Waters Susan West

City Manager: Glenn Akramoff

2014 Senior Advisory Committee

Jill Martin John McEvoy Florence McMullin Gloria Nava

Call Sue Padden for information on the committee and when it meets: 206-878-1642.

Disclaimer: This newsletter is for informational purposes only. The City of Des Moines does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.



Will you be wearing a DMAC

T-Shirt in 2014?

Turn to page 10 and learn more.

Des Moines Activity Center

Business Hours: Monday-Friday 9am-4pm

Street: 2045 S 216th, Des Moines 206.878.1642

Mail Address: PO Box 98576 www.desmoineswa.gov/seniors

Des Moines, WA 98198

Meeting & Facility Rentals: Events & Facilities Coordinator: 206-870-9370

Holiday Christmas: 12pm Tues-Wed, 12/24 & 25
Closures: New Year's Eve: 12pm Tuesday, 12/31
New Year's Day: Wednesday, 1/1/14
Martin Luther King Day: Monday, 1/20/14
President's Day: Monday, 2/17/14

No Lunch: Tuesday, 12/24/13 Tuesday 12/31/13

Wednesday, 12/25/13 Wednesday, 1/1/14

Thursday, 12/26/13

Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

Refund Policy:

When DMPR/SS cancels a program a full refund or credit will be issued. Refunds, less a \$10 administrative fee, will be granted when requested a minimum of **5 business days prior** to the program/course's start date. The administrative fee will be waived if you opt for a credit to be used for another course/program.

No refunds will be issued for the following:

- · Programs costing \$10 or less, Special Events,
- · Programs with admission fees purchased in advance.

Medical illness or other extenuating circumstances will be handled on a caseby-case basis. Documentation of the circumstance may be required.

Inclement Weather: Refer to the Highline School District Information

School Closed: All programs are cancelled.

School Open/1-hour Late Arrival:

Senior programs prior to 10:00am are cancelled.

Senior programs held after 10:00am - call 206-878-1642 for updates.

School Open/2-hour Late Arrival:

All programs held prior to 11:00am are cancelled.

Senior programs held after 11:00am - call 206-878-1642 for updates.

When inclement weather occurs during school holidays, evenings or weekends, call 206-878-1642 (Senior Programs) for updated information.



The Health & Wellness Connections, a publication featuring regular services including the Nutritional lunch program, Blood Pressure Checks, the Medical Lending Closet, Footcare Service, Legally Speaking, SHEBA Consultation, Transportation Options and community resources for older adults.

This publication is available year round at Des Moines Activity Center .

Keeping Active and Fit



Dance for Parkinson's

Enhance your life through dance. Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement in a welcoming environment accompanied by live

music. Classes are based on the Dance for PD® method, a program developed by Mark Morris Dance Group and the Brooklyn Parkinson Group. Presented by Seattle Theatre Group (STG) and Spectrum Dance Company and offered with funding support from Des Moines Legacy Foundation.

Adults | \$5 Suggested Donation Monday, March 3-April 21 2-3:30pm DMAC

> Register online at www.nwpf.org/Event Or call 1-877-980-7500



dunday Dances

Featuring live dance music. Adults of all ages welcome Bring finger-food refreshments

4 th Sunday	1-3:30pm
DMAC	<i>\$5</i>



June 22 February 23 March 23 July 27

April 27 August 24

May 25 September 28

October 26

Stafford 🌑

Hot Beverages & Door Prize by Stafford Healthcare

Keep Fit on the Courts!

Normandy Park Recreation Center 801 SW 174th Normandy Park, WA 206-824-8256

Senior Drop-in Open Gym

No Fee





Basketball Thursdays 12-2pm

Pickleball Mon/Wed/F 8-10am

Thank you Normandy Park!

Enhance Fitness

Features fun, dynamic cardio vascular exercise, strength training and a focus on balance and stretching. Gym-type shoes required and water bottle suggested. Expect regular fitness checks. Co-sponsored by Group Health & Senior Services.

Instructor: Mary Brown, EF certified Field House 8am or 9:30am Tues/Thur/Friday

January 2-31 \$42 | March 4-28 \$36 \$36 | April 1-29 February 4-28 \$30

Kigong

Regain energy and a sense of personal power while learning how to relax while reducing stress, improving joint strength, balance and range of motion. Work to your own capability. Appropriate for any age. Learn and practice 3-short energy circulation forms. Bring a mat.

Instructor: Rhonda Allison \$36

Thursdays, January 9-13 5:30-6:30pm DMAC Thursdays, Feb 27-April 3 5:30-6:30pm DMAC

Energy Yoga helps release stress and re-direct energy to gain better health and sense of well being. With a series of sustained poses and gentle stretches, students will improve muscle and bone strength, range of motion, balance and coordination, and stability, Bring a mat.

Instructor: Rhonda Allison Normandy Park Cove Mondays, Feb 3-March 17 1-2pm \$36 1-2pm \$36 Mondays, Mar 24-April 28

Batter-up!

Now recruiting players for recreational coed softball league:

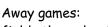
50 & better Age:

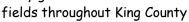
Practice season: Tu/Thu in April League Games: Tu/Thu May—July

Game Times: 10am

Fee: \$35/per player

> Practice & home games: Stephen J Fields







Will you be wearing a Des Moines Activity Center T-Shirt in 2014?

4 Technology: Computers, Phones & More



King County Library System's mobile computer classroom returns with a variety of workshops! Register now, space is limited!

Adults 50+ FREE

Learn to Love Your e-Reader

Discover how to use Kindle, Nook, Galaxy, Sony or Ipad. Discover new and fun ways to use your reader, download digital books and more.

Thursday, January 23 11-11:45am

DMAC Parking lot

Computer Basics

Up your skills and understanding so you and the mouse can arrange windows, browse the Internet and library catalog, select items and text with ease and proficiency.

Thursday, January 23 1-1:45pm

DMAC Parking lot

Social Media

Today's technology FaceBook, Skype and FaceTime reflects the best of Dick Tracy's wristwatch and Don Smart's shoe/phone. Discover how you can keep up to speed with grandchildren and other relatives that live too far away for visiting!

Thursday, February 6 11-11:45am

DMAC Parking lot

Internet Basics

Learn the vocabulary, explore how to find websites, understand services and security and get tips on how to achieve useful results.

Thursday, February 6 1-1:45pm

DMAC Parking lot

Are You Tech Savvy? Are You Willing to Mentor Others?

Have you noticed that Smart Phones, Laptops, i-pads seem to come with confounding terminology and manuals that have microscopic print—which simmers down to a distinct learning curve for new users!

We are seeking tech-savvy volunteers willing to commit their time and assist seniors by showing and answering all those "how do I" questions about smart phones, laptops, tablets and i-pad devises.

Note: due to work commitments, our first Tech Savvy mentors are now unavailable to help. Meanwhile the demand for this valuable assistance is growing! Contact us at 206-878-1642 to discuss your availability. We look forward to hearing from you! Thank you!

Bring Creativity Into Your Life

Creative Writing—beginners and beyond

Interested in capturing your family's history? Do you have a story to tell? Take advantage of Pat's writing experience and get started!

Instructor: Pat Doheny

Thursday, January 16-March 20

10am-12pm

Wesley Gardens

\$54

Memoir Writing

Learn to write the story of your life—join others as you share your life experiences in a supportive environment. And share the story of how you came to be who you are and where you are today! *Instructor: Pat Doheny*

Thursday, January 16-March 20

2-4pm \$54

Wesley Gardens

V

Holiday Glass Plates - On your bucket list? Get creative and make your own fused glass plate. Whether your plate is for spring, St. Patrick's Day, Easter or Mother's Day...it's your creation! All supplies are provided. In-

structor: George C Scott, glass artist.

Saturday, February 22

1-4pm *\$50*

Glass Studio/Des Moines

Scholarships Brings Joy!

Need funding assistance to attend Des Moines Activity Center programs?

Des Moines and Normandy Park senior adult residents are eligible for funding support.

Call 206-878-1642 for information.

Funding support is provided by Des Moines Legacy Foundation.

RETIREMENT COMMUNITIES | HEALTH SERVICES | FOUNDATION



Wesley Homes is your resource for services and information on aging



206-824-5000 ♦ 866-937-5390 toll free

Cottages & Apartments ◆ Home Health Care
Adult Day Care ◆ Assisted Living ◆ Skilled Nursing

816 S. 216th St. ♦ Des Moines, WA 98198 Visit www.wesleyhomes.org.







Back Pain

Challenged with back pain? Learn simple exercises and strategies to reduce chronic back pain. Wear comfortable clothing and closed toe shoes with flexible soles.

Instructor: Rhonda Allison

Wednesday, January 8-29
DMAC

1-2pm

\$32



Brain Education

Strengthen the mind-body connection with a combination of physical and cognitive exercises in this four week class. You will learn strategies for memory retention, making

effective behavioral changes, and working smarter not harder. *Instructor: Rhonda Allison*

Wednesday, February 12-March 5
DMAC

1-2pm *\$32*

Meditation

Enjoy a sense of calm, peace and balance with meditation that benefits both your emotional well-being and overall health. Scientific research states that even after a 5-minute session, meditation can improve certain medical conditions such as pain management.

Instructor: Rhonda Allison Wednesday, March 19-April 9

1-2pm

Gateway Training

Learn how to identify and assist seniors who are potentially at risk or in need of help!







- Who: Anyone interested in helping vulnerable adults.
- . What: A one-hour training
- · When: Tuesday April 8th at Ipm
- Where:
 - Des Moines Senior Activity Center
 - 2045 S. 216th St. / Des Moines, WA 98198
- Why: Empower yourself to provide practical support and resources to those in need!

**This program is brought to you by Senior Services' Information and Assistance (I & A) and Transportation programs.





Seattle University masters program students introduced their FACE project—educating seniors on being Scam-smart. Be wary of...

- Emotional pleas to solicit money or donations.
- A demand you act immediately or miss an opportunity.
- An attempt to scare you into buying.

What can you do:

- Keep your name off solicitation lists.
- Add your number on the Do Not Call list:
 Www.donotcall.gov 888-382-1222
- Opt out from direct marketing: www.dmachoice.org
- Opt out of credit card offers: www.optoutprescreen.com

Charitable Giving Tips:

- Know your charity.
- Find out where the dollars go.
- Do not respond over the phone.

Beware:

If you accidently disclose personal information over the phone call 1-877-IDTHEFT

Normandy Park Police Department now offers the **DEA's Drug Take Back Program.**Prescription medications may be dropped off during business hours:
801 SW 174th Street, Normandy Park
M-Th 9am-5pm, Fri 9am-3pm

REGEIMBAL, McDONALD

P.L.L.C.

Attorneys-At-Law

P.O. Box 98702

612 S 227th St

(206) 824-5630

DES MOINES, WA 9819 FAX (206) 824-9096



Drop-In Art, Fun & Games





Monday	Wii Activities	10am—1:30 pm
Monday	Hand & Foot Cards	1-4 pm
Tuesday	Wii Activities	10am—1:30 pm
Tuesday	Mexican Train Dominos	1-4 pm
Wednesday	Artists "R" Us	9—11:30 am
Wednesday	American Mah Jongg	12:30-3 pm
Wednesday	Wii Activities	10am—1:30 pm
Fridays	Pinochle	1-4 pm
Fridays	Duplicate Bridge**	10am-2:30 pm
Fridays	Hand & Foot Cards	1—4 pm

**Pre-registration Required, call 206.878-1642

















Dick Body shows off his hand carved sign.

Sonju Community Garden

Seeking volunteers to plan, plant and harvest in the community garden. Don't like to weed? No worries, there are a variety of projects and tasks for all!

To learn more, contact: <u>friendsofsonjupark@hotmail.com</u> or Parks, Recreation &Senior Services @ 206-870-6527.

Can We Leave The Driving To YOU?



Des Moines Activity Center Day Trips (see page 8) rely on volunteer drivers—willing to enjoy a fun day traveling to unique destinations all around Washington. *Interested?* Special driver license **not** required.

Smiles Are Contagious



Join our volunteer kitchen team and discover how easy it is to bring smiles to our lunch crowd.

Call 206-878-1642 or stop by on a Thursday and learn how you can make a difference!

Volunteers needed Thursday mornings to help prep and serve lunch!

Movies What's Playing

New Day

Suggested Donation \$1

1st Wednesday 1:00 pm

Des Moines Activity Center

February 5

Parental Guidance — a grandparent comedy
Bette Miller & Billy Crystal

March 5

Safe Haven — Romantic Drama / Nicholas Sparks Book Josh Dahamel & Julianne Hough

April 2

Trouble with the Curve

Age is catching up with this top baseball scout. Clint Eastwood, Amy Adams & Justin Timberlake



Fireside Chats 2014

Join the conversation with local community leaders - learn more about their areas of expertise, the services their department/ agency offers, ask questions and get to know more about your community.

Patrice Thorell, City of Des Moines Parks, Recreation and Senior Services Director

Patrice will share the great news on the improvements to the Dining Hall in the Des Moines Beach Park Historic District and discuss the importance of volunteers for critical community parks, recreation and senior services projects.

Tuesday, January 28

11:30am

DMAC

Kris Van Gasken, Des Moines Area Food Bank

Kris Van Gasken, Executive Director of the Des Moines Area Food Bank, will share about food insecurity in our community and how the food bank is working to alleviate hunger in the area. Come learn more about the importance of food for children's health and education and learn how many local organizations and volunteers are working together to provide kids their best chance to succeed."

Tuesday, March 25

11:30am

DMAC



Communication with the public is vital for effective policing and we believe the best way to meet the needs of our community is to simply have a cup of coffee, get

to know one another by talking and sharing ideas.

The Des Moines Police Department and the Activity Center invite you to sip-in for "Coffee with a Cop" in a relaxed informal one-on-one with officers to discuss concerns, share your questions and just chat.

2nd Monday February-October 11:30am-12:30p

DMAC

Our Wish List



Buttons & Wooden Thread Spools

Cocoa-Individual Packets

Beverage Stir Sticks

Tea in bags, Coffee - Decaf & Regular drip $8^{1/2} \times 11$ copy paper

Coffee Creamer (not packets please)

Thank you!

A series of workshops and presentations designed to enhance your independence.
Presentations are FREE

ORCA Cards for Transit Travel

Purchase or re-load your ORCA transit card-good for travel on METRO, Sound Transit and Washington State Ferries. Cash, check or credit card accepted.

Tuesday, March 18

11-12:30pm

DMAC

Public Transit Training

Learn the ins and outs of "LINK" light rail including how to ride, safety, time management, station information and options for paying with ORCA cards. Attendees are eligible to take the instructional transit field trip offered and paid for by METRO*.

Tuesday, March 18

10-11:30am

DMAC

Public Transit Field Trip*

ONLY for attendees of the 3/18 LINK Transit training. Escorted by a First Transit trainer, take a day trip on LINK to practice what you learned in the transit training class. Return times TBD.

Tuesday, March 25

9:30am

Meet at ${\sf DMAC}$

Tuesday, April 1

9:30am

Meet at DMAC

AARP Smart Drivers-Why take the course?

Smart Driver focuses on making drivers aware of how to be safer on today's streets and highways by being aware of good habits and the little bad habits that manage to creep into driving habits. Smart Driver addresses changes in our bodies, minds and attitudes that can have an effect on how we handle our vehicles. Smart Driver discusses how and when we need to consider the right time to no longer be the primary driver and alternative ways to maintain our mobility.

A self evaluation is an integral part of the class.

Remember: State law requires you receive a discount on auto insurance when you submit your certification.

Age 50+ \$15 AARP member/\$20 AARP non-member Tu/Wed, February 18 & 19 10am-2pm DMAC

Tu/Wed, April 15 & 16

10am-2pm

DMAC



May you have a New Year filled with fun, friendship & fitness!

Sue, Charisse, Abbie, Brady, Karna, Aida & Gloria

Wing Luke Museum, Seattle

The Historic Hotel Immersion Tour, introduces you to the museum and history of the Chinatown International District. See a Chinese import/export shop and walk through Freeman Hotel where early Asian Pacific immigrant pioneers stayed in the early 1900's. No-host lunch at Sun Ya.

Jan 15

9:15am-3pm

\$17

Buffalo Soldiers Museum, Tacoma

This museum honors the 9th & 10th Horse Cavalry Buffalo Soldiers from 1866-World War II. The current exhibit is the 150th Anniversary of the Emancipation Proclamation with manuscript documents. No-host lunch at Ruston's Spar Bar & Grill.

January 22

10:30am-3pm

\$11

Tacoma Glass Blowing Studio

Blow a unique item at this professional glass studio with one-on-one assistance. Your project may be picked up at DMAC the next week. No-host lunch at the Social.

January 30

8:30am-2:30pm

\$69

Uwajimaya, Bellevue

Visit the newest Asian Foods and Gift Market and savor wonderful Asian foods. No-host lunch at Uwajimaya's.

February 5

9:30am-3pm

\$11

Museum of Communications, Seattle

Enjoy a blast to the past -the history of the telephone and it's equipment, phones from the first Alexander Graham Bell phone, cera 1876 to cell phones and the must-see hands on exhibits. No-host lunch in Georgetown.

February 11

9:30am-2pm

\$11

Skyview Observatory, Seattle

Hope for a clear day to enjoy a 360° view from Columbia Center's 73rd floor- the tallest public view area west of the Mississippi. No -host lunch at Columbia Center Food Court.

February 26 9:30-2pm

George Kinney School of Chainsaw Carving

This famous school in Allyn, Wa has an everchanging showcase for chainsaw carving. Enjoy the gallery and school where students and the aro-

matic cedar sawdust make this trip memorable No-host lunch at Leonard K's Boat House.

March 5

8:30am-4pm

\$22

Seattle Coffee Crawl- Seattle

Walk the "crawl"- 1.6 miles through Seattle sampling coffee at several coffee cafes and learn how Seattle became the coffee capital of the world, history of coffee, what makes coffee rich and robust. No-host lunch.

March 13

9:15- 2pm

\$35

SilverSounds Northwest Concert, Burien

They wowed us with their September lunchtime performance-and now see the entire Those Were the Days show featuring music from the 50's, 60's & 70's around a class reunion theme. Yes, you can sing along!

March 30

1:15-4:30pm

\$24

Lion King, Paramount Theater, Seattle

A must see Tony Award winning Best Musical with its innovative puppetry brings the jungle alive with music and animals from orchestra level seats.

April 3

11:45am-4pm

\$60

Chateau St. Michelle Winery & Snoqualmie Ice Cream

Celebrate spring with wine & ice cream! Tour the Woodinville winery and the Snoqualmie ice cream factory. No-host lunch at the ice cream factory's café.

April 9

9:30am-3pm

\$11

Trip Information & Policies

Trip Fee: Includes event admission, transportation and escort expenses unless otherwise noted.

Trip Registration: Registration is taken on a first paid basis.

Wait List: Cancelations are filled only from the waiting list!

The Trip Times reflect the actual departure time and the estimated return time.

 $width \cong$ We advise you check in 15-minutes prior to departure . The bus does not wait for late travelers.

We reserve the right to revise departure times and will notify you a minimum of 24 hours in advance—please make certain we have your correct phone number -one that receives messages.

Trip Cancelations, Refunds and Credits:

A full credit/refund will be issued if DMAC cancels a trip.

Requests for refunds or credit must be received 5 business days prior to the trip date.

Refunds are subject to a \$10 processing fee.

No refunds will be issued for trips costing \$10 or less, or for trips where the admission fee was purchased in advanced.

Please refrain from using fragrant personal-care products, those with sensitivities appreciate your consideration.

Special Requirements: Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are not available to push wheelchairs.

Parking: DMAC is not responsible for cars left in our parking lot.

Out To Lunch-Fridays

Transportation Fee: \$9

Enjoy no-host dining at northwest restaurants.

Departures: 10:30-11:00am Return: 2:00pm

January 10	Mickey Kelly's Irish Pub, Kent	
February 7	The Kingfish Southern Cuisine Café, Seattle	
March 7	Bruno's European Restaurant, Parkland	
April 4	Marzano Italian Restaurant, Parkland	
May 2	Snoqualmie Falls Restaurant	

Meet to Eat-Tuesdays

Transportation Fee: \$8

Why eat alone when you can dine with friends!

Departure: 5pm Return: 8pm

April 8	Arcadia, Normandy Park

Horticulture Happenings

Transportation Fee: \$9

No-host lunch at nearby eateries unless otherwise noted. Departure: 10am unless otherwise noted * denotes carpool



Golf Outings Transportation Fee: \$9-11 Enjoy playing 9 holes at Puget Sound courses. Players draw numbers to determine playing partners and tee posi-

Departures: 8 or 8:30am

Return time varies

Date	Course / City	Green Fee
Monday, April 21	Northshore, Tacoma	\$13

Trip/Golf/Horticulture/OTL Travelers

Effective December 2013, DMAC transitioned to a computer only registration procedure.

In-order to keep more accurate records we have eliminated the trip notebook.

The computer will track enrollment and the waitlist.

Thank you for your patience as we make this transition!

Exciting Trips On The Horizon!

Washington State Association of Senior Centers (WSASC) teams up with individual senior centers to offer fantastic trips that will generate fundraising revenue for the association and local senior centers!

Mariners Spring Training

March 12-19

Dig out your sunglasses for an exclusive, escorted Spring Training Experience! \$1,489 ppdo

Learn more at this Catalyst Travel presentation:

Wednesday, Jan 22

11:30am

DMAC



New York City* May 29-Jun 2 A 5-day, whirl-wind tour of New York City:

2-Broadway shows, Greenwich Village, Wall Street, Ground Zero, Metropolitan Museum of Art, Statue of Liberty and more! Stay at

the posh Sheraton Hotel & Towers in Manhattan and enjoy all that "the City that never sleeps" has to offer. Trip includes 5-meals (3-breakfasts/2-dinners), flight, hotel transfers and guide. \$2,599 double occupancy.

Autumn in New England *

October 1-7

Take it all in: Boston, Salem, House of Seven Gables, Norman Rockwell Museum, Vermont Farm, Wolfeboro, Porland Head Light, Kennebunkport for Lobster Dinner. Trip includes 9-meals (6-breakfasts/3-dinners), flight, hotel transfers. \$2,479 double occupancy.

* Collette Vacations Trip Presentation:

Wednesday, Jan 16

10:00am

DMAC

Stay Tuned: Rediscover Cuba-A Cultural Exploration, Fall 14 Detail Presentation slated for Spring-2014



To register for these trips contact: Sheri McConnaughey,

Director Tukwila Senior & WSASC Fundraising 206-768-2822

sheri.mcconnaughey@tukwilawa.gov

Questions:

Contact Sue Padden @ 206-878-1642



Senior Shuttle's Muckleshoot/Bingo Hall

2nd Monday, Monthly—all year round January 13 February 10 March 10

Pick-up: 9am-ish

Return: 3pm-ish

Call 206-727-6262 to sign-up! No Fee, Donations Appreciated!

The Village at Judson Park

Serving the Greater Community

Rehabilitation and Person-Centered Nursing Care

23600 Marine View Drive South, Des Moines, WA 98198 (206) 870-6674 www.judsonppark.com

In and Out Patient Therapy - Specialized for older adults Memory Support Dedicated Neighborhood CCAC/CARF Accreditation



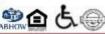


Full Continuum of Services on Campus

American Baptist Homes of The West Charitable not for profit. trusted leader serving seniors

since 1949





Community Supports Seniors & Youth at 14th Annual

Bayside Brunch Champagne Auction

It was a GRAND event at the GRAND OLE'
OPRY 14th Annual Auction for Des Moines
Legacy Foundation at Anthony's Homeport in Des Moines on November 3, 2013.
100+ guests enjoyed a delicious executive chef prepared brunch buffet, champagne and many opportunities to support

our local seniors and low income youth via the event silent and live auctions, raffle tickets, Pot of Gold and more! The 2013 event would not be possible without the support of the following sponsors:

Lifetime Achievement- \$2,000 Budd Gould & Anthony's Restaurants Hunting, Fisher & Co PS CPA's

Entertainer of the Year - \$1,500 Snure Law Office, PSC

Vocal Group of the Year - \$1,000 Marks and Marks, CPA's Edward Jones-Doug Myers

New Artist - \$500
Masonic Outreach Services
Carmen Scott
Key Bank Des Moines
Stafford Healthcare- Des Moines



Congratulations Diana Cochran, former Des Moines resident and winner of the fall Raffle- Lighthouse Photograph!

The Raffle raised \$411 in support of Des Moines Activity Center programs and services!

And, thank you to everyone who bought a raffle ticket. A very special appreciation to Carmen Scott for donating the fabulous photograph!



The 2013 Annual Spaghetti Dinner raised \$930 thanks to the generous support of Normandy Park Senior Living, Law Offices of Gehrke, Wegener & Doull and tireless work of volun-

teers from the Des Moines Youth Council and Des Moines Activity Center!

Thank you all for being a part of our community gathering/fundraiser—you are truly the reason we exist!

ReGifting-2013 generated over \$420 — thanks for your thoughtful contributions and donations!

Celebrate the New Year

By supporting your center
And treat yourself to a
Des Moines Activity
Center Shirt!



Shirts:

100% cotton 4" Color Logo Short & Long sleeve available

Sizes: Adult S, M, L, XL, XXL**

Colors: Light blue or cob-

blestone

Prices:

Short-sleeve: \$16 Long-sleeve: \$20

** add \$2

Sale starts January 13 until sold-out (pricing includes sales tax)

Check with us in April for
Free Admission
Aquarium & Zoo Tickets
for seniors only.
Call 206-878-1642 for details.

We appreciate your help keeping our pantry and supply closets well stocked!

Snacks: Bonney-Watson, Evie Bjorlo, Alice Gardner, Jean Fitchett, Joy Kumpstrom, Keith and Lou Noess, Gloria Tortorice, Cordy Barney and Maddie Fulton.

Supplies: Greg Lahti, Carter Teeters, Des Moines Food Bank, Matt Thomfohrde, Maddie Fulton and Sally Kearney. Medical Lending: Ms Corerly, Darcy Rumelhast.

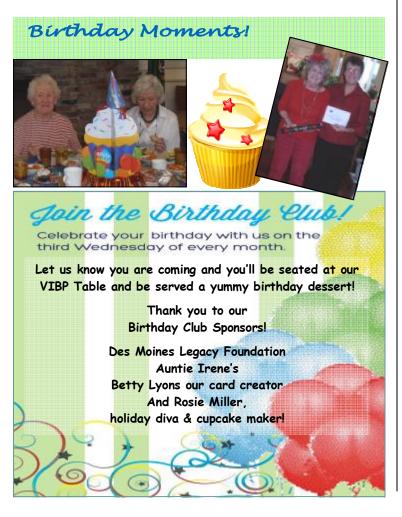
Back to School Drive-13, coordinated by Sally Kearney, was a resounding success!

Thank you all for a fantastic and memorable year. We look forward to a dynamic 2014 and hope you'll share with us programs you are interested in and ways we can make your life joyful!



2014 features Great Travel Opportunities see pages 8 & 9 for full listing of trips ع

Travel Presentations on Mariner's Spring Training, New York City and Autumn in New England!





Nutrition Volunteers

Judy, Joan and Gloria team up to prepare lunches and if there is a dessert on the menu, they are on top of it!

Year-end Holiday Impact To DMAC Lunch Program

	,	Monday 12/23/13	Lunch served
Tuesday	12/24/13	No Lunch	
Wednesday	12/25/13	No Lunch	
Thursday	12/26/13	No Lunch	
•	,	Monday 12/30/13	Lunch served
Tuesday	12/31/13	No Lunch	
Wednesday	1/ 1/14	No lunch	

Special Winter Meals On Tap Suggested donation \$3/adults age 60+

Thursday 1/2/14

No Lunch

Tuesday, December 31 Ring in the New Year with us at Beach Park 1-3pm (see back cover for details)

Sports Fan Special

Wednesday, January 22

Lunch served

Show your pride and celebrate sports in Seattle. Pre-lunch function at 11:30am features travel information to Spring Training with the Mariners.

Valentine's Day Thursday, February 13 Celebrate Sweethearts—staff says that's you!

Luck of the Irish Monday, March 17

You don't have to be Irish to help us celebrate and enjoy a traditional meal of corn beef, and cabbage!

April Fools! Tuesday, April 1

Who will be the fool?!?!?!?

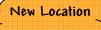
Staff or participants?? Come join the fun and find out and wear your DMAC T-shirt!





DES MOINES
ACTIVITY CENTER
2045 S. 216th
PO BOX 98576
DES MOINES, WA 98198





You're invited

Put on your Party Attire

Ring-in the New Year with us
at Des Moines Beach Park Event Center
22030 Cliff Avenue South, Des Moines
Tuesday, December 31, 2013 1-3pm
Admission \$3 + pot-luck refreshment



Shuttle available from North Marina Parking Lot 12:45-1:15pm & 2:45-3:15pm



Wellness Connections For Older Adults in the Greater Des Moines/Normandy Park Communities

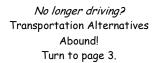
Meal<mark>s o</mark> Wheels



Being connected to Health & Wellness Services will keep a smile on your face!



Dining with Friends at Des Moines Activity Center offers warm friendships and compassion spiced with bubbling laughter and shared memories...page 4





Having a family discussion about assisted living & retirement homes or bringing in home care?

Get started with Senior Services'
Information and Assistance
resources—page 3

Sometimes the ride to the medical appointment is the best part!

Turn to page 3 for information on Volunteer Transportation!

Surgery Scheduled?

Need a little help getting around?



Des Moines Meals on Wheels Volunteers are prepared to take your order and deliver your meals, rain, sleet, snow or even sunshine!

January 2014 Edition Special Insert

Services at Des Moines Activity Center





Foot Care

Karen,Poppleton, licensed Nail Care Technican

2-5th Wednesdays, monthly 8:30am-3pm \$27

To book your appointment call: 206-878-1642

Happy Feet Scholarships for seniors age 50 and better are sponsored by the Des Moines Legacy Foundation. Contact us regarding eligibility -206-878-1642.

Blood Pressure Checks \$1/suggested donation 2nd & 4th Tuesday, Monthly 11am-12pm Staff support provided by Normandy Park Senior Living & Wesley Homes!

Legally Speaking

Mike Regeimbal, local attorney, is available for individual consultation sessions providing basic information on legal issues such as: Living Trusts, Health Care Directives, Guardianships, Will Guidance, Financial/Medical Durable Power of Attorney. Consultations limited to 3 a year.

4th Thursdays, January-Octob 12:30-2pm

FREE

AARP Smart Driver Course—classroom only

Completing this 8-hr course qualifies seniors for the state mandated insurance premium reduction. Break for lunch.

Call for dates & registration: 206-878-1642

Quarterly Tu & Wed 10am-2pm \$2 suggested donation + plus \$15 w/AARP card or \$20w/out

Purchase or Recharge your Orca Card

Service available quarterly call for dates.



DES MOINES ACTIVITY CENTER'S SELF-SERVE MEDICAL LENDING CLOSET!

Having surgery and need medical equipment?

Check us out!

The Closet features equipment available on a first-come basis for *short-term use*: 1-3 months.

Items are clean when you check out,

Bring items back clean and ready for the next user!

Bath benches Bedside commodes,
Shower Benches Wheelchairs Walkers

Available for all ages!

Check-out Hours: Mon-Fri 9am-3:30pm

Suggested donation ranges from \$5-\$25 per item.

Resources for Eye Care Financial Assistance

www.nei.nih.gov/health/financialaid.asp

Free Basic Dental Care

Proof of income required

Grace Lutheran Church, in partnership with Medical Teams

International and Des Moines Legacy Foundation offers basic

dental care to low-income patients without dental insurance.

Application forms available at Des Moines Activity Center

2014: Dates	Thu, 3/27	Mon, 6/9	Wed, 9/24
Mon, 1/13	Mon, 4/14	Wed, 6/25	Mon, 10/13
Thu, 2/6	Wed, 4/23	Mon, 7/14	Wed, 10/22
Mon, 2/10	Mon, 5/12	Mon, 8/11	Mon, 11/10
Mon, 3/10	Wed, 5/21	Mon, 9/8	Mon, 12/8

Geriatric Dental Group

253-839-1300

Private non-profit providing comprehensive dental care for adults age 55+ and individuals confined to a wheelchair.

HealthPoint, CHC—Des Moines

206-870-3590

Support Groups & Services

Alzheimer's Support Group

2nd Monday, monthly 1:00pm 206-824-1770 Normandy Park Congregational, United Church of Christ.

Caregivers of Younger-Onset Memory Loss Telephone Support
3rd Wednesday, monthly 7-8:30pm 1-800-848-7097

Memory Loss Support Group for Caregivers

2nd Tuesday, monthly 1:00pm 206-861-0176

Highline Medical Center, Specialty Center Campus

Fall Prevention, South King Fire & Rescue

Call to schedule a home safety survey. 253-946-7337

Human Services Information & Referral

 Monday-Friday
 8am-6pm
 211

 Deaf/hearing-impaired?
 1 -800-833-6384 or 711

Veteran Services 206-296-7656

DO YOU SUSPECT ELDER ABUSE? Community Resources for Information & Help

Adult Protective Services	206-341-7660
Des Moines Police	206-878-3301
Normandy Park Police	206-248-7600
Washington State 24-hr Hotline	1-866-363-4276
ElderWatch:	www.publicsafe.org/elderwatch

Des Moines Activity Center is funded and provides services through the cooperation of the cities of Des Moines and Normandy Park, partnerships with Catholic Community Services, Sea Mar Community Health Services, Senior Services, Des Moines Legacy Foundation and through the generous contributions from our many participants. Thank you!

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A gateway to resources that will help you maintain independence, security and quality of life. Advocates will help find the best solution for your situation. Check out their Document Download Center for consumer directories and resource lists on topics such as:

Adult Day Care Assisted Living/Retirement Residences
Adult Family Homes Emergency Alert Systems

Options for Hiring Household Help

info@seniorservices.org 206-448-3110

Senior Health Insurance Benefits Assistance Program

Simplify your life and prepare for the future! Bring your questions about Medicare billings, Medicare part-D, health insurance and long term care insurance to discuss with a trained SHIBA volunteer. For immediate assistance call the help line - 1-800-562-6900. To schedule an appointment: 206-878-1642 2nd Tuesday, monthly Afternoons DMAC

Senior Rights Assistance sra@seniorservices.org

Trained volunteers address your concerns regarding wills and trusts, powers of attorney, consumer issues, credit and debit management, landlord-tenant rights and Social Security appeals. Free-just a phone call away:

206-448-5720

Senior Services' Meals on Wheels

206-448-5767

Eligibility: Age 60 & better & homebound Suggested donation—\$3

Offering frozen home-delivered meals (breakfast, lunch and dinner options) for older persons who are unable to leave their home to shop or prepare nutritious meals. Meals are prepared with the special dietary needs of seniors in mind and are adaptable to a variety of special diets. Meals can be placed in either the microwave or a conventional oven. Online applications: www.seniorservices.org/foodassistance/MealsonWheels

Des Moines volunteers coordinate meal orders & deliveries.

Orders Taken: Mondays 9am-12pm 206-878-1642

Deliveries Made: Thursdays 9am-11am



Senior Services Transportation

Senior Services in collaboration with Des Moines Activity Center and the support of local volunteers offers seniors *two* transportation options (see below.)

No applications, just sign-up by phone during office hours:

1. Hyde Shuttle Transportation 去

206-727-6262

8am-5pm

Operates Monday—Friday
No Charge, donations are appreciated

Eligibility: Des Moines/Normandy Park Seniors age 55+ and individuals of any age w/disabilities.

Des Moines volunteer drivers provide rides to medical appointments, grocery shopping, banking, the Activity Center and other local errands—any where you need to go within the service area. Rides are booked on a first come basis.

Service Area: Des Moines and Normandy Park city limits.

North to 140th in Burien. East to SR509.

Fridays to Federal Way -South to 356th & West to 1st Avenue

2. Volunteer Transportation

206-448-5740

Operates Monday—Friday 8am—5pm

Book by Wednesday for any rides the next week.

No Charge, donations are appreciated.

Rides dependent upon driver availability.

Eligibility: Age 60 & better, reside in King County

Able to self-transfer to a private vehicle.

Des Moines volunteer drivers use their own vehicles to provide personalized transportation to medical appointments, providing a ride, waiting with seniors and offering that supportive and steadying hand to make the day go smoothly.

Other Transportation Information:

Metro's ACCESS Transportation

206-263-3113

www.metro.kingcounty.gov/tops/accessible/accessvan.html

King County Metro Reduced Fare Permits 206-553-3000

January 2014 Edition Special Insert

Dining with Friends at Des Moines Activity Center



Sponsored by Catholic Community Services (CCS) in partnership with Des Moines Activity Center:

Lunch is served: Monday—Thursday 12:00pm DMAC

- Latino Menu on Thursdays
- No lunch served on holidays.
- Monthly menus available at Des Moines Activity Center.

Suggested donation—\$3 if you are

- Age 60+ or dining with a 60+ spouse or
- Under age 60; disabled and residing with and accompanied by an eligible parent or guardian.
- Remember your donation is confidential.

Pay: \$6 if you are under age 60.

Eligibility Questions? Contact CCS at 253-474-1200

First time to Lunch? A Participation Information Form, which includes your birth date, is required!

Dine with us often? A frequent-diner-punch-card is available

Meals on Wheels—see page 3 for specifics

Mondays 9am-12pm 206-878-1642 Orders Taken:

Deliveries: Thursdays 9—11am

Housing Assistance

Help for Electric & Gas Expenses

1-800-348-7144

The Multi-Service Center Energy Assistance Program Puget Sound Energy HELP Program - assisting qualified households with PSE residential electric and gas costs.

Low Income Home Energy Assistance Program (LIHEAP) a federal program assisting low income households with residential heat. Direct questions/concerns to Tatyana Sirotin, Energy Supervisor: 253-854-4406 or Oksana Savolyuk at 253-838-6810.

Minor Home Repair

206-870-6558

City of Des Moines provides grant funds to subsidize repairs and maintenance for qualified home owners. The focus is on maintaining health and safety, home preservation and increased energy efficiency.

Volunteer Chore Services 206-328-5787

King County Reduced Property Tax

206-296-3920

206-329-0515

206-241-5650

Housing safetynet@solid-ground.org

Www.housingsafetynet.org

What to do if you can't take it with you! Tips on recycling/donating & disposal of household stuff King County Hazardous Waste Management Program 206-296-4692 or

www.hazwastehelp.org/homeHHW/downsizing.aspx

Tips on recycle Computers, TV, Monitors & e-readers www.ecyclewashington.org

> Recycle cell phones and CFL Bulbs at Des Moines Activity Center

Note: Linear fluorescent tube bulbs not accepted.

More Community Dining Opportunities

Des Moines Community Dinners 5-6:30pm

2nd Tuesday, monthly Grace Lutheran Church

Des Moines United Methodist Church

4th Tuesday, monthly Congregation Church

3rd Tuesday, monthly

Additional Food & Meal Opportunities for Older Adults.

Des Moines Area Food Bank* 206-878-2660 Emergency Feeding Program 206-329-0300 Food Stamp Information 1-877-501-2233 Northwest Harvest 206-625-0755 Helplink 206-767-6449 253-946-7933 Salvation Army

offering a voucher lunch program for low income seniors; Saturdays, June—August at the Des Moines Waterfront Farmer's Market—funded by Des Moines Legacy Foundation.



Pet Food for Seniors

FREE

Qualified senior adults receive monthly pet food from Seattle Humane Society's Senior Pet Food program to pick-up at Des Moines Activity Center.

For applications: 206-878-1642 (DMAC) or 425-649-7566 Applications: www.seattlehumane.org/services/services/lowincome-senior

Resource Phone Numbers

Affordable Care Act Info www.healthcare.gov www.insurance.wa.gov/current-issues-reform/health-care-reform

American Association of Retired Persons 1-866-663-3291

AARP Senior Community Service Employment Program

www.aarpworksearach.org 206-624-6698 Adult Day Care Services (Wesley) 206-592-1211 Adult Day Care Association 206-461-3899 Cable & Garbage Discount 206-870-6513 Caregiver Information Line Employment & Job Training www.doleta.gov/seniors Friend to Friend Program 206-870-4266 Long Term Care (non medical) 1-800-310-5654 Long Term Care Ombudsman 206-694-6790 Medicare/Social Security 1-800-772-1213 Reduced Property Tax 206-296-3920 Retired & Senior Volunteer Program 206-957-4779

> Scholarships Brings Joy! Call 206-878-1642 for information.

Funding support is provided by Des Moines Legacy Foundation

Senior Companion Program

Widowed Info & Consultation